

The Local Cancer Community Update of



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This is a special issue of “The Local Cancer Community Update,” for the TLC Supportive Newsletter (Vol. 15, Iss. 2). To sign up to receive future issues of this update via e-mail contact Tim at 920.458.7433 or visit www.scccf.org and click on the “Newsletter” icon!

How Can You Make A Difference In Your Cancer Community!!!

I enjoy my work. The hours can be long as it is one of those jobs where there is always much to do. On the other hand, many of the long hours that I put in are pure joy! My position often allows me the opportunity to share some of the physical activities that I find healthy, meaningful and enjoyable (walking, hiking, backpacking, running, kayaking and disc golf to name a few) as well as other life enhancing activities (including some of my favorite card, dice, dominoes and board games) with some really amazing people that are just a pleasure to be around and spend time with.

Now, I am not going to suggest that everyone who has participated in these events and activities has always enjoyed them as much as I have – some do and some don’t. Occasionally, in response to some of the events and activities I have offered I have been asked, “Why don’t you offer *this* or *that*?” Well, it’s most likely because I either have no experience with *this* or *that*, no interest in *this* or *that* or I just don’t enjoy *this* or *that*! That doesn’t mean we shouldn’t offer opportunities for *this* or *that*... it only means that I am not the person that should do it! Maybe that’s where you come in?

Being a part of something that brings a smile to someone’s face, a bit of happiness to someone’s day or added meaning to someone’s life has got to be the very best feeling in the world! I think I have done that for some... but I know I can’t do that for all! I can’t tell you how much I have enjoyed working with a group of cancer survivors as we prepare for a 3-day hike along the nearby Ice Age

Trail in mid May! Many of those participating have never backpacked before and I have seen the group get stronger, physically as well as emotionally and even socially. It was a silly idea I came up with last fall... but one that I am confident has and will make a difference!

As this one group has come together, I realize there are others who are not attracted to this activity. Maybe there is something that you would like to bring into the local cancer community; a particular passion, skill, talent or ability; that might make a difference for other cancer patients and survivors?

If you’d like to explore any such opportunity, please feel free to contact me!



The TLC Supportive Community



Together we
Live with
Cancer!



Survivorship Session Topics:

Tuesday, January 20th

All area cancer patients, survivors and co-survivors (family and friends) are invited to attend the **TLC Survivorship Sessions** held on the third Tuesday of every month at 6:00PM. These peer-to-peer discussion groups offer those experiencing cancer an opportunity to connect with one another and offer information, support and encouragement.

Each session includes introductions and opening words, a guest speaker and/or a special topic for discussion, followed by sharing time and networking opportunities.

**May: Celebrating 15 Years of the TLC Supportive Community!
Recognizing Past “Survivor Spotlights”
Tuesday, May 19th at 6PM**

**June: Celebrating Survivorship!
Recognizing Active & Adventurous
Survivors of Sheboygan
Tuesday, June 16th at 6PM**

**July & August Dates
Tuesday, July 21st – Topic To Be Determined!
Tuesday, August 18th – Topic To Be Determined!**

**TLC “Survivorship Can Be Fun!”
Card Night: Crazy 8s & Sevens!
Wednesday, May 27th**

**TLC BINGO!
Coming in June (Date and time to be determined)!**

Watch the Local Cancer Community Update for other TLC “Survivorship Can Be Fun” dates and activities in the months ahead!

**SCCCF Survive, Thrive & Be Fit
Opportunities!**



In addition to offering financial “gestures” (assistance) to area cancer patients and survivors to address the financial challenges of a cancer diagnosis SCCCf offers a variety of healthy and active living opportunities FREE of charge to cancer patients through the “Survive, Thrive & Be Fit” program. Visit www.scccf.org for details.

**SCCCF Survive, Thrive & Be Fit
Opportunities for Patients,
Survivors & Co-survivors:**

**Gentle Yoga for Cancer Survivors
Mondays at 5:30PM (Through Monday, June 8th)!**

**Hiking Along the Cancer Journey:
(First Saturday of the Month Event)
Saturday, May 2nd – Parnell Tower/Trails!**

**Hiking Along the Cancer Journey:
Three Day Backpacking Adventure
Friday, Saturday, Sunday, May 15th, 16th, 17th!
Day Hike & Volunteer Opportunities Available!**

**Up the River WITH a Paddle
Kayaking on the Sheboygan River #1
Thursday, June 4th at Camp Y-Koda**

**Steps to Survivorship:
National Cancer Survivors Day Walk!
Saturday, June 6th – MOA/SCBS Clinic**

**Active Survivors of Sheboygan:
(First Saturday of the Month Event)
Saturday, July 4th – Freedom Run at the YMCA!**

**SCCCF Survive, Thrive & Be Fit:
DISC-overing DISC GOLF:
Watch for dates, times & locations.**

**Steps to Survivorship:
(First Saturday of the Month Event)!
Saturday, August 1st – Watch for details!**

**Up the River WITH a Paddle
Kayaking on the Sheboygan River #2
Late Summer Date, Location to be determined.**

**FUNDRAISING & VOLUNTEER
OPPORTUNITIES:**

**Bob Rammer Jr. Golf Classic
Pink in the Drink Fishing Derby
Route 43 Harley Davidson “Ride
to Survive”**

**Pitting for Pink & Cruising for a
Cure at Sunset Hills**

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